

ESTILL COUNTY EXTENSION FAMILY AND CONSUMER SCIENCES

Estill County Extension Homemakers

October 2024

Hi everyone,

September has went by way too fast. I was in Tucson, AZ for the NEAFCS Annual Meeting. I learned about some interesting programs that I hope to offer in the near future.

The 2025 enrollment form for Estill County Homemakers is in this newsletter again. If you are not a part of Homemakers, please consider joining. If you would like to start a club and have meetings at a more convenient place or time then let me know. You are welcome to attend any club at any time. We will have a breakfast kick-off for KEHA week on Monday, October 14th from 6:30 a.m. to 8:30 a.m. The deadline for dues will be November 17th.

October 11th is the Bluegrass Annual Homemaker Meeting in Powell County. We do a basket each year to be raffled off for Ovarian Cancer. This year's theme is Bees. If you have anything you would like to put in the basket, please bring it to the office by Tuesday, October 8th. If you have signed up for this event, we will leave the office at 8:30a.m.

October 15th is Brain Health/Alzheimer's Awareness Lunch and Learn at noon. Call the office to sign-up.

Have a great October!

If you have any questions or program ideas, you may contact me at my e-mail judy.vaughn@uky.edu or by calling the Estill County Extension office at 606-723-4557.



Judy Vaughn, County Extension Agent
for Family and Consumer Sciences

Dates of Interest

- ◇ October 2nd—Not Your Momma's Homemaker Meeting 4:45
- ◇ October 8th—Sugar and Spice, El Ranchito 12:00
- ◇ October 11th—Bluegrass Annual Homemaker Meeting in Powell County
- ◇ October 12th—I'd Rather Be Quilting 1:00
- ◇ October 14th—19th—KEHA Week
- ◇ October 14th—KEHA Breakfast Kick-off 6:30 a.m.—8:30 a.m.
- ◇ October 15th—Brain Health/Alzheimer's Awareness Lunch and Learn 12:00-1:00
- ◇ October 16th—Laugh and Learn at the library at 10:30
- ◇ October 22nd—Understanding Medicare/Medicaid 4:00
- ◇ October 24th—New Homemaker Group 6:00
- ◇ November 5th—Office Closed Election Day
- ◇ November 7th—Not Your Momma's 4:45

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Homemaker News

Estill County Homemaker Clubs

- **Not Your Momma's** - Meet the first Tuesday of each month at 4:45 p.m. at the Estill County Extension Office
- **Sugar & Spice** - Meet the second Tuesday of each month at 11:30 a.m. at El Ranchito Mexican Restaurant in Ravenna
- **Rather Bee Quilting** - Meet the second Saturday of each month at 1:00 p.m. at the Estill County Extension Office
- **New Club (name yet decided)** - Meet the fourth Thursday of each month at 6:00 p.m. at the Estill County Extension Office
- **Irvine School Apartments Homemaker Group** - Details coming soon

Homemaker Update

Hello Estill Homemakers,

Fall is coming and meetings have started for the year. KEHA (Homemaker) Week is October 13-19. Judy will be hosting a breakfast kick-off on Monday, October 14th from 6:30 a.m. to 8:30 a.m. Just drop in, learn about KEHA, and enter the drawing, where one lucky winner will receive a free yearly Homemaker membership.

Our groups are meeting and planning for the year. If you have any ideas for activities, trips, or community service projects please let us know. FCS Agent, Judy Vaughn, is planning some workshops and learning seminars. Our County Annual Christmas Extravaganza is scheduled for December 3rd.

Homemaker Week Kick-Off Breakfast

We will have a kick-off for KEHA week on Monday, October 14th from 6:30 a.m. to 8:30 a.m. with breakfast held at the Estill County Extension Office. Stop by and find out more about KEHA and your local Homemaker groups.



Please join us. More details to come.

The Bluegrass Area hosts their Annual Meeting in Powell County this October. We have a group registered to attend, and hope they bring us some new ideas. Also, the Bluegrass Area will be the area hosting the State Meeting in 2026. It will be held in Lexington in May 2026. State will also be in Lexington this May (2025). Hopefully some of our Homemakers will be able to join the fun and attend this year. Information about sign ups and the meeting will be available closer to that date.

Hope to see you all at many of our exciting events!

Rebecca Lamb
Estill County Homemaker - President

Upcoming Homemaker Events

- **October 11th** - Bluegrass Annual Homemaker Meeting in Powell County. Estill County Homemakers take a silent auction basket each year to be raffled off to support ovarian cancer. The theme for our basket this year is "Honey Bees". If you would like to donate an item to put in the basket, please bring it to the office by October 8th.
- **October 14th-19th** - KEHA Week
- **October 14th** - KEHA Kick-off Breakfast 6:30a.m. - 8:30a.m.
- **October 22nd** - Leader Lesson: Understanding Medicare/Medicaid at 4:00 p.m.

Deadline for Homemaker dues for this year will be November 17th. Cost is \$10 (\$9 with \$1 ovarian cancer donation). Checks need to be made out to the Estill County Extension Homemakers.

Annual Homemaker dues for the upcoming 2025 year will be \$10.00 (\$9.00 for annual dues, \$1.00 for Ovarian Cancer donation). Checks need to be made out to the Estill County Extension Homemakers. Deadline for dues November 17, 2024.

Date: _____

Enrollment Form for

Estill County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Birth year (*Optional*): _____

Race (*Optional – circle one*): White Black or African American
 Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (*Optional - circle one*): Hispanic Non-Hispanic

Gender (*Optional - circle one*): Female Male

Date joined: _____

I, (print full name) _____, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

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Nutrition Education Program Update

Hello everyone,

Judy has graciously given me a page in her newsletter to help spread the word for programs that I offer here in Estill County.

I will start with an introduction; my name is Jessica Webb, and I am the Nutrition Education Program Assistant here at the Estill County Extension Office. I have been the NEP Assistant for almost 10 years here and have worked a total of 12 years with Extension. My favorite part of my job is getting out and working with the community.

With this fall season coming up I will be scheduling some programs at the Estill County Library, and I will also be working with the Irvine Housing Authority to bring programming to the residents there. I have partnered with Estill County 4-H to work with youth, and we are doing all sorts of fun programs, with school clubs and afterschool programs.

I am excited to start doing a newsletter and I hope to see some of y'all at my programs. If you would like to host a Nutrition Education Program or are interested in becoming a community partner, you can reach out to me anytime.

Jessica Webb
Nutrition Education Program Assistant
Estill County Cooperative Extension
606-723-4557
Jessica.coker@uky.edu



Recipes from the 2024 Food and Nutrition

Recipe Calendar

 Cooperative Extension Service

Sweet Potato Hash



- 2 tablespoons olive oil
 - 1 medium onion, diced
 - 1 teaspoon salt
 - 1 1/2 teaspoons dried oregano
 - 3/4 teaspoon black pepper
 - 4 cloves garlic, minced, or 1/2 teaspoon garlic powder
 - 2 pounds sweet potatoes, peeled and diced (1-inch cubes)
 - 2 pounds boneless, skinless chicken breasts, fat trimmed and diced (1-inch cubes)
 - 4 ounces baby spinach (about 4 cups)
 - 2 tablespoons apple cider vinegar
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.

3. Heat olive oil in a large sauté pan or pot (3 quarts or larger) over medium heat.
4. Add onion, salt, oregano, black pepper, and garlic. Sauté until onion and garlic begin to lose color, about 5 minutes.
5. Add sweet potatoes and chicken and cook, uncovered. Stir occasionally to prevent sticking and assure all ingredients are well mixed. Wash hands after handling raw poultry.
6. Cook until chicken reaches 165 degrees F using a meat thermometer, about 15 minutes.
7. Add spinach and vinegar and mix until spinach is thoroughly wilted and mixed with other ingredients. Serve.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving size: 1/8th of recipe
Cost per recipe: \$14.17
Cost per serving: \$1.77

Nutrition facts

per serving:
270 calories; 6g total fat; 1g saturated fat; 0g trans fat; 85mg cholesterol; 420mg sodium; 25g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium

Source:

Ruth Ann Kirk, Lawrence County EFNEP Program Assistant Senior, University of Kentucky Cooperative Extension Service



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



KENTUCKY SAVES
2025
PIGGY BANK
DESIGN CONTEST
MONEY SAVED IS A FUTURE EARNED



WHAT: The 2025 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

WHY: To creatively celebrate Kentucky Saves Week.

WHO: School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

WHEN: The contest begins on: **DATE: September 25, 2024**
and ends on: **DATE: October 18, 2024**

HOW: Participants submit an original piggy bank and entry form.

RECOGNITION: Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during March and April 2025. Winners also will receive a certificate.

Kentucky Saves Week:
April 7-11, 2025

Kentucky Saves:
www.kentuckysaves.org

MoneyWiše:
fcs-hes.ca.uky.edu/moneywise

Estill County
Cooperative Extension Office
76 Golden Court
Irvine, KY
40336
(606) 723-4557
Come by the office for rules
and

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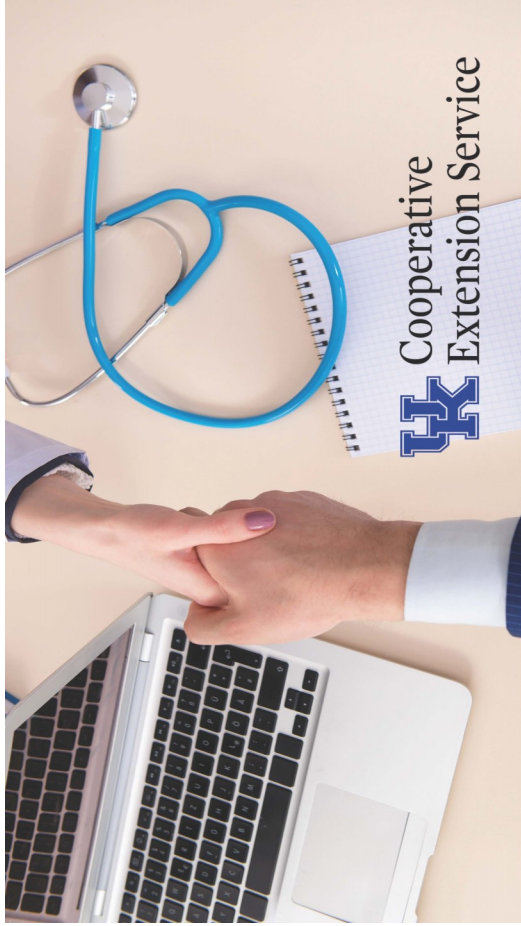
KEHA Week 2024
October 13th-19th
Become an Olympic
Extension Homemaker



KEHA Week will kick-off with an open house breakfast from 6:30 a.m. to 8:30 a.m. at the Estill County Cooperative Extension Office, 76 Golden Court, Irvine, KY 40336. Stop in and learn about Estill County and

Kentucky Cooperative Extension Homemakers.
We will be giving away a free Homemaker Membership.

Call Judy Vaughn, FCS Extension Agent at 606-723-4557 with any questions.



Cooperative Extension Service

UNDERSTANDING MEDICARE AND MEDICAID

Understanding the in and outs of government health insurance plans can be difficult. With this lesson we hope to help you navigate details and answer any questions you may have to help you make the an informed decision regarding the best plan for you.

Call to register:
606-723-4557

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BRAIN HEALTH LUNCH & LEARN

Learn ways to keep your brain healthy and improve memory. Discussions about Alzheimer and Dementia as well.

M Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky



Tuesday, October 15th.
11:30 a.m. - 1:00 p.m.
at the Estill County Extension Office
76 Golden Court, Irvine

This lunch and learn is free and open to the public. Please call 606-723-4557 to sign up no later

Judy Vaughn

than October 11th for this lunch and learn.
Judy Vaughn
County Extension Agent
for Family & Consumer Sciences

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OCTOBER 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC
SPORTS HELP KIDS BE ACTIVE



The first week of October is Youth Sports Week in the United States, a time to celebrate the many benefits of playing sports! Kids and teens need to be active to be healthy, and sports are a natural outlet for kids to be active and have fun. There are many physical benefits of playing sports. Practices and games can help kids achieve the recommended 60 minutes of physical activity each day, as well as provide activities and drills that can increase hand-eye coordination, flexibility, and strength. Kids (and adults, too!) need to do a wide variety of exercises. Everyone needs aerobic activities that make their hearts beat faster, muscle-strengthening activities, and bone-strengthening activities every week. Skills and drills that include jumping, throwing, running, kicking, and the like are great for increasing overall physical health.

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Through sports, kids learn other valuable life skills, such as how to work as a team, how to be a leader among their peers, strong work ethic, and to how to focus.

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Playing sports has benefits beyond just being good exercise. Through sports, kids learn other valuable life skills, such as how to work as a team, how to be a leader among their peers, strong work ethic, and to how to focus. It is important to learn how to win gracefully, how to be a good sport when they do not win, how to encourage their teammates, and to persevere when learning new skills. Sports can also give kids a bigger friend group and positive mentors from coaches and other parents.

Help your child find their way to play! Your child's personality and lifestyle factors will help determine which sport, and at what level of competition they will want to play. There are so many team and individual sports out there! Encourage your child to get involved in a sport they already love or try something new. If they feel intimidated, find a friend who wants to get involved, too. Many parks and recreation departments offer low-cost and local options to get kids involved. Schools and other community organizations may also have teams that your child could join.

Sports can help parents to be active, too! You can spend time with your child and get in minutes

of movement by practicing along with your child at home. Are there drills that your child can teach you or you can do with them to help them improve? Or strength- or stamina-building exercises that you could both do together? Many coaches and leagues are happy to provide information on how and your child can continue to build their skills (and yours!) outside of practice times.

As a parent or caregiver, it is important to encourage and cheer for your child as they learn and grow through sports. It is equally important to demonstrate good sportsmanship and a positive attitude, regardless of the outcome of a competition. Most of all, remember that the purpose of sports for kids is to be active and have fun!

REFERENCE:

<https://health.gov/our-work/nutrition-physical-activity/move-your-way-community-resources/campaign-materials/materials-parents>





OCTOBER 2024

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NAME County Extension Office
000 Street Road
City, KY
Zip (000) 000-0000

THIS MONTH'S TOPIC
HOW IS YOUR HEALTH LITERACY?

Happy Health Literacy Month! You might have heard about "health literacy" before, as it has become a hot-button topic in the past few years. Or maybe, this is your first time hearing the term. That's OK, too! While the term combines two words that most people know, it means more than just whether you can read health-related information. The term "health literacy" refers to a person's ability to find, understand, and use information and services to make choices related to their overall well-being. To unpack that definition further, let's break it down.

• Finding health information: Do you know where to go to find reliable, up-to-date health information? Do you feel like you can ask your doctor or other health-care provider questions that you have?

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Be wary of medical advice you see online or that comes from individuals who are not licensed health-care workers.

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• Understanding health information: When you read health information, does it make sense? Or when your doctor tells you information about your own health conditions or gives you instructions, do you know what they are saying?

• Using health information and services: Can you take the information your doctor gives you and use it to make choices about your health or health care? Do you know what to do when you leave a doctor's appointment to help you feel better? Do you know why you are taking each medication? If your doctor ordered a test, do you know why? Do you know how to follow up with your doctor if you do not feel better? Do you know how to act on the results of needed tests?

All these skills are a part of having health literacy. Having health literacy is connected to having a higher quality of life. People who can understand and use health information to make good choices are more likely to use health care when they need it, follow medical advice, and have positive outcomes. So how can someone increase their health literacy? The best place to start is to be willing to ask questions and think about where your health information comes from.

The most trustworthy medical information comes from people who are trained in providing



medical care and places that have the community's health in mind. Your primary care doctor is a great and trusted source for asking questions about medical issues. Many hospitals and doctors' offices have trained community health workers, social workers, or patient navigators who can answer your questions or help you find needed answers about your treatment plan or care. Be wary of medical advice you see online or that comes from individuals who are not licensed health-care workers.

If you have trouble understanding what your health-care provider is telling you, speak up! Be willing to ask your medical provider to:

- repeat themselves,
- slow down,
- explain a different way,
- draw a picture or use a diagram, or
- give information in writing that you can take home.

REFERENCE:

<https://health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries/health-literacy>

ADULT HEALTH BULLETIN
Written by: Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: Adobe Stock



FAMILY CAREGIVER HEALTH BULLETIN



OCTOBER 2024

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THIS MONTH'S TOPIC

STORYTELLING ENHANCES CAREGIVING

As a 20-year-old college student working the evening shift as an aide in an assisted living facility, I remember the night I felt impatient while a resident readied herself for bed. She was the last resident who needed help then I could finish my tasks. Maybe I'd find time to study for an exam before my shift ended. As she brushed her teeth for what seemed like too long, I examined the photos on her walls. Tears welled in my eyes. The collage included photos from different stages in the resident's life — a baby in an oversized diaper, a young girl playing in the snow with siblings, driving her dad's Packard, working in a department store, her wedding day, her babies. She lived a full life and had wonderful stories. Yet there I stood, temporarily frustrated over a toothbrush and time spent in the bathroom.



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accommodated
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The people for whom we provide care are more than their chart or ailment. They have important memories, experiences to share, and stories that make up their life.

→ **Continued from the previous page**

This story, her story, made me a better caregiver. It reinforced empathy and made my future caregiving experiences much more personal and richer. It is easy to get wrapped up in the all-consuming demands of caregiving. As a result, it is easy to forget that the people for whom we provide care are more than their chart or ailment. They have important memories, experiences to share, and stories that make up their life. With dementia, sometimes unlocking a story can be a puzzle. But together, as you reminisce about the past or use old photos or songs for props, the recollection and sharing of life stories encourages a sense of connection. Storytelling puts the person first rather than their disease or frailty.

According to research from the Benjamin Rose Institute of Aging, life stories build empathy and create connections. Caregivers in this program report how life story programs empower not just empathic care but also personalized care.

Mr. Jones' story did not just help personalize his care. His story influenced the types of medication he was prescribed. Mr. Jones lived in a memory care unit because of progressing memory loss. He would get agitated at night, wander the halls, and make noise. The care team thought he was depressed and anxious and treated him medically to help manage his behavior. A physical therapist who explored his life story during a session found out that Mr. Jones served as a night watchman for years before he retired. She suggested that the doors and long hallways of the facility could be unsettling to a man who spent his career checking for safety. She asked the night aides to take Mr. Jones along with them for evening rounds. After a few nights of feeling like he was securing the building, Mr. Jones would say goodnight and go to bed — unmedicated. Through learning his life story, the staff in Mr. Jones' facility was able to contribute to his mental, emotional, and physical well-being.



According to research in the Care Management Journal, learning life stories can enhance overall satisfaction in care received. It can also lead to better care. This is because stories like Mr. Jones' enhance communication. Ultimately, better communication increases quality care and reduces caregiver burnout and associated stress, negative feelings, strain, depression, and anxiety.

Lastly, storytelling is a method for learning more about and sharing your family and its history. Sometimes you can even take home some lessons that you can apply to your own life or just smile with the satisfaction of having learned a great family legend. Storytelling taught me to create a collage wall in my grandmother's assisted living apartment so her aides could learn her story and all about what an amazing person she is — and was — while she is brushing her teeth.

REFERENCE:

Hayes, J. (2024). 4 Ways that Storytelling Benefits Older People and Their Caregivers. Benjamin Rose Institute on Aging. Retrieved June 10, 2024 from <https://guideposts.org/positive-living/health-and-wellness/caregiving/family-caregiving/aging-parents/4-ways-that-storytelling-benefits-older-people-and-their-caregivers>

Written by: Amy F. Kostelic,
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Adult Development and Aging

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Adobe Stock

**FAMILY CAREGIVER
HEALTH BULLETIN**





University of Kentucky
College of Agriculture,
Food and Environment
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Estill County
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Irvine, KY 40336

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Morning Carrot Muffins

- 1 ¼ cups all-purpose flour
- ¾ cup whole-wheat flour
- 1 cup sugar
- 2 teaspoons baking soda
- 1 tablespoon cinnamon
- ½ teaspoon salt
- 2 cups shredded carrot
- ½ cup raisins
- ½ cup chopped walnuts
- ½ cup unsweetened coconut
- 1 finely chopped medium apple
- 3 eggs
- ¼ cup vegetable oil
- 1 cup unsweetened applesauce
- 2 teaspoons vanilla extract

Preheat oven to 350 degrees F. **Spray** 18 muffin cups with nonstick spray or line them with muffin liners. In a large bowl, **mix** together flours, sugar, baking soda, cinnamon, and salt. **Stir** in carrots, raisins, nuts, coconut, and apple. In a separate bowl, **beat** together eggs, oil, applesauce, and vanilla. **Stir** wet ingredients into the flour mixture until just moistened. Do not overmix. **Scoop** batter into prepared muffin cups. **Bake** for 20 minutes, or until a toothpick inserted in the center comes out clean. **Yield:** 18 muffins

Nutritional Analysis:
170 calories, 6 g fat, 1.5 g saturated fat, 30 mg cholesterol, 180 mg sodium, 27 g carbohydrate, 2 g fiber, 16 g sugars, 10 g added sugars, 3 g protein



For more Plate it up recipes visit
<https://fcs-hes.ca.uky.edu/piukp-recipes>